

# LiveHealth Online

A doctor or therapist by your side

When your own doctor isn't available, LiveHealth Online can help you. See a board-certified doctor of your choice in minutes — just use the Engage app to access LiveHealth Online. All you need is a computer with a webcam, a smartphone or tablet with an internet connection.

You can get treated for a cold, the flu, allergies, a fever and more. If needed, you can even have a prescription sent to a pharmacy.<sup>1</sup> A visit could cost you the same as an office visit. Use LiveHealth Online and avoid costly Emergency Room usage. It could cost you excess of \$500 for a visit to the ER.

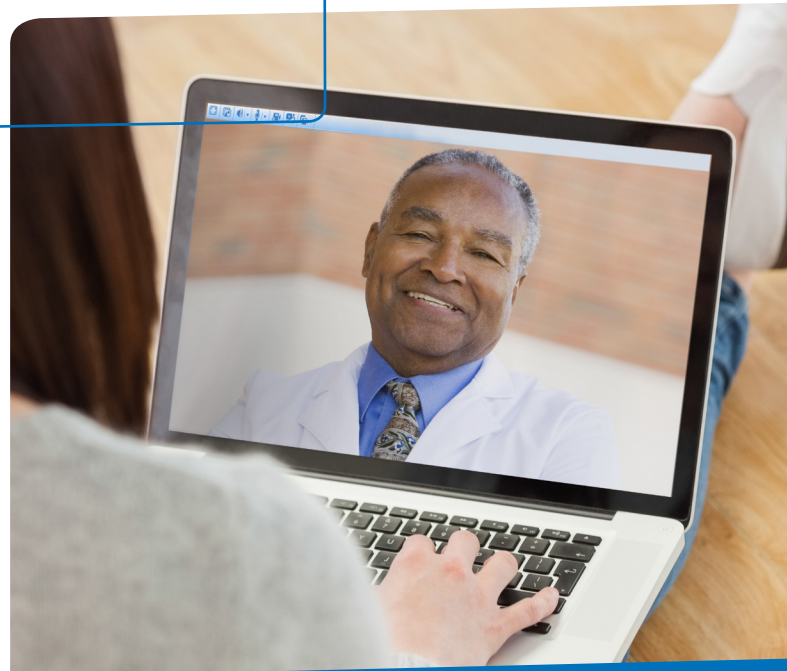
## LiveHealth Online Psychology: See a therapist from home

Make an appointment to see a therapist usually within four days or less.<sup>2</sup> You must be at least 18 years old to see a therapist online.

**LiveHealth**  
ONLINE



**Anthem**



## Ready to Get Started?

Download the Engage app to start using your personalized health assistant and access LiveHealth Online. To download the Engage app:

1. On your Apple device, open **App Store**. On your Android device, open **Play Store**.
2. Enter **Engage** into the search bar and select **Download**.



1. Prescription availability is defined by physician judgment and state regulations. LiveHealth Online is available in most states and is expected to grow more in the near future. Please visit the map at [livehealthonline.com](http://livehealthonline.com) for more details.

2. Appointments subject to availability.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

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